

## No-Waste Lunch Fact Sheet for Parents

It has been estimated that on average a single school-age child generates 67 pounds of lunchtime waste per school year, or 18,760 pounds of lunch waste for one average-size elementary school. Every single piece of packaging or excess food that we eliminate from the waste stream makes a difference. Your child is scheduled to attend a field trip at Pringle Nature Center in the near future. Students and parents are encouraged to thoughtfully pack a lunch that will contain no waste once it is eaten. This helps students learn the value of waste reduction on an individual daily basis. Below are examples of wasteful lunches and no-waste lunches.



### Lunch Items to Avoid:

- ✓ Pre-packaged, individually wrapped food
- ✓ Lunchables
- ✓ Plastic sandwich bags, aluminum foil, wax paper
- ✓ Paper napkins
- ✓ Juice boxes or juice bags
- ✓ Non-recyclable materials including plastics that are not identified with a number 1 or 2 on the bottom
- ✓ Disposable utensils
- ✓ Non-reusable lunch bags



### What To Pack:

- ✓ Reusable lunch boxes or lunch bags
- ✓ Washable/reusable plastic containers
- ✓ Cloth napkins
- ✓ Reusable utensils
- ✓ Drinks in a thermos or reusable container
- ✓ Fresh fruits and vegetables (cores & peelings will be composted)

**Pack what you'll eat... Eat what you pack!**